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keep that question, what to do or not to do, aside, was right. When I saw a thing was necessary to be done, it was the nurse's duty not to delay. Therefore, I can't agree with Miss Huntington about sweeping our patient's room. I have always attended to that room in every respect, and all the servants did was to bring in the wood to the stove. Here in the south the doctors and the family expect very much of the nurse, more than in the north, perhaps. I am so accustomed to it now that I could not do otherwise.

Wishing you great success in your work,

A. L., R.N.

NURSING IN A SOUTH CAROLINA CITY

DEAR EDITOR: I have been away from the "city of magnificent distances" since last November and I miss the advantages of beautiful Washington more than I can express in words. I have been sojourning at the Nurses' Home since locating further south, and have been most fortunate in having the genuine southern hospitality shown to a stranger in a strange land. The superintendent and registrar is making a success of such a responsible position, as she conducts the Home on a common-sense basis, she does not approve of introducing rigid rules into the Home, making the atmosphere obnoxious to her sister nurses, she wishes each nurse to have diversion, such as going to the theatre, receiving friends, etc. She treats each nurse with courtesy when reporting for duty.

This city affords an up-to-date hospital, giving the nurse every advantage, it is particularly adapted to surgery. All are proud of the skill of the leading surgeon of the city. He is considerate to the nurses and always courteous to them. The hospital has been most fortunate in securing an efficient superintendent, she is beloved by her pupil nurses.

With best wishes for the JOURNAL,

E. H. P., R.N.

DIET IN OBSTETRICAL CASES

DEAR EDITOR: After having read the different diet lists for obstetrical cases, in which line of work I have had considerable experience, I felt I would like to have a word.

If the infant is to have its natural food we must regulate the diet. By this, I mean do not give sour acids, as lemons, sour oranges, grape fruit. We all know that a good farmer will not allow his cows to eat sour apples freely. Why? Because they have a tendency to dry up their milk, and if this is a danger to be thought of in cows, why not in nursing mothers? Then coffee and strong tea have the same tendency, and I think too little of these cannot be given the first few weeks, say six or eight, by that time the patient is living her usual life and if the supply of milk is good, it is early enough to indulge in sour acids, coffee, and tea occasionally. Weak tea is not so harmful. I give it at least once a day from the beginning, but it should be very weak.

I have had a great many obstetrical cases since I graduated in 1897, the great majority of my babies have been successfully breast-fed. In cases where it has been necessary to dry up a milk supply, a tight bandage and plenty of vinegar or anything sour, and strong coffee, have obtained a perfect result in a short time. I write this because I am intensely interested in this work.

S. PAULINA ROOKER, R.N.